

## **Where do you go from here?**

### **Relationship with Self**

- spend a whole day with no cell phone or social networking
- go on an adventure with no money & survive
- write a short story
- visit a new place on your own
- start a journal
- try to write a poem or essay every day for a month
- create a stand up comedy act using your life & yourself as raw material
- learn a new skill- Ex. instrument, language, nuclear physics

### **Relationship with Others**

- play reverse pickpocket
- randomly on facebook leave a message of kindness or encouragement
- spend a good amount of time alone with a grandparent
- take your parents out to dinner
- have a cousins party
- organize a family reunion
- have an all night poker or Risk game with your friends, better yet, invite some people you know, but are not that close to yet
- host a youth group get-together over the summer
- make it a point to never listen to the news without treating it as an opportunity to learn who you will be praying for

### **Relationship with God**

- go to the beach off hours and see what happens
- Take a hike up a mountain
- visit a church and sit in front of the blessed Sacrament for an hour or more
- pray the rosary
- start a prayer journal
- do some spiritual reading
- watch at least one spiritually uplifting movie a week
- commit to going to mass each week
- make a good confession every few months
- look for opportunities to say "God bless you " to people
- let someone know you're praying for them